

MN 20 How to stop thinking card 1 of 6

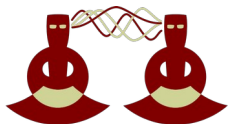
Step 1. replace the problem thought with a known wholesome thought.

Step 2. Regard the problem thought as a danger.

Step 3. Ignore it.

Step 4. Still thought formation as regards the problem thought.

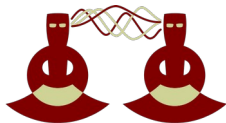
Step 5. Hit, squeeze, bend, choke the problem thought into submission.



MN 20 How to stop thinking card 2 of 6

Step 1 in detail:

make words around something utterly wholesome and words around the evaluation about the results of the first words at driving out the bad thought. I like to imagine making a balloon of the new source of word formation and inflating it with noble energy here's a word maker mantra “devide things in two kinds, skillful and unskillful. Wholesome and unwholesome. Siding with light or siding with darkness” this mantra is designed to produce words that feed the enlightenment factor of discrimination of states.

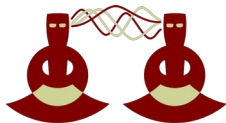


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MN 20 How to stop thinking card 3 of 6

Step 2 in detail:

Make words around the perception of the problem thought being a danger, about it leading to suffering. Then make words evaluating the effectiveness of the first words at diminishing the problem thought. When any step works, you will feel your mind become stilled internally; it settles, unifies, and becomes immersed in samādhi (non grasping concentration)

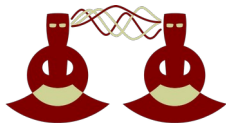


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MN 20 How to stop thinking card 4 of 6

Step 3 in detail:

Ignore it. Forcibly if needed. I like to imagine that my attention is one of those stretchy sticky hand toys and it's stuck on the problem thought and I peel it gently off the problem thought. When any step works, you will feel your mind become stilled internally; it settles, unifies, and becomes immersed in samādhi (non grasping concentration)

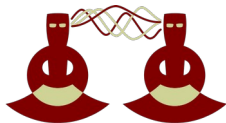


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MN 20 How to stop thinking card 5 of 6

Step 4 in detail:

Calm thought creation as regards the problem thought. To do this, build the intention to still the thought's creation then build words evaluating the effectiveness of the intention. When any step works, you will feel your mind become stilled internally; it settles, unifies, and becomes immersed in samādhi (non grasping concentration)

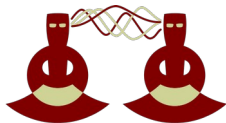


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MN 20 How to stop thinking card 6 of 6

Step 5 in detail:

Clench your teeth, stick your tongue to the roof of your mouth, and use your mind to hit, squeeze, bend, and choke the thought into submission while intending that this action lead to happiness. If it works you will know as before. If it doesn't work, assume that you screwed up on one of the earlier steps and start over with step 1. This is a big exercise in imagination.



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